

Pregnant and worried about Zika?



Zika Prevention Kit for Pregnant Women

The products below can help protect you from Zika. Use these items to build your own Zika prevention kit.



Bed net

- Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.
- Please note, this netting may be insecticide-treated, see label, for added protection.



Standing water treatment tabs

- Use standing water treatment tabs to kill larvae in standing water.
- Always follow instructions on the package.
- When used as directed, these tabs will not harm pets.



Insect repellent

- Use only an EPA-registered insect repellent.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.



Permethrin spray

- Use permethrin to treat clothing and gear (boots, pants, socks, tents, and other fabrics).
- Always follow instructions on the bottle. Reapply as directed.
- Do not use permethrin products directly on skin.



Condom

- Sexual transmission of Zika virus from a male partner is possible.
- If you have sex (vaginal, anal, or oral) with a male partner, you should use condoms the right way every time.
- Follow directions on the box.
- Condoms can also help prevent HIV and other sexually transmitted diseases.



Thermometer

If you feel sick and think you may have Zika:

- Use the thermometer to find out if you have a fever.
- If you do have a fever and a rash, joint pain, or red eyes, talk to your doctor or nurse.

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www.cdc.gov/zika